

WEEK 1	Mon	Tues	Weds	Thurs	Fri
Main Dish Meat	Meatball Marinara Pasta Bake Topped with Cheesy Garlic Crumbs	Nashville Baked Crispy Chicken Burger with Ranch Slaw	Roast Pork, Stuffing & Apple Sauce with Gravy *Either as a classic roast dinner or loaded into a ½ baguette	Garlic Chilli Chicken Curry	Choose from: Battered Fish, Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips
Main Dish Vegetarian	Aspens Loaded Mac & Cheese with Spring Onion, Pepper & Garlic	Cajun Spiced Baked Veggie Burger & Ranch Slaw	Roasted Roots Filo Strudel	Sweet & Sour Chickpea Vegetable Pathia Curry	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips
Carb & Sides	Crunchy Rainbow Salad	Crispy Baked Home Fries	Skin On Roasties & Carrots & Broccoli	Cardamom Rice & Green Beans	Minty Peas or Baked Beans Gravy or Curry Sauce
Pasta & Noodle Bar <i>Tomato Pasta Pot daily + these delicious options</i>	Carbonara Pasta Pot	Veggie Thai Style Noodle Pot	Bolognese Pasta Pot	Chinese Chicken Chow Mein Noodle Pot	Carbonara Pasta Pot
	Italian Tomato Pasta Pot				
Jacket & Topping	Jacket with Beans, Cheese, Tuna Mayo or Chef's Special				
Big Bowl Salad (12 or 16oz)	Chicken Caesar Salad	Falafel & Pomegranate Cous Cous Salad	Quinoa & Feta Superfood Salad	Harissa Roasted Cauliflower, Chickpea & Spinach Salad	Tikka Chicken & Mint Yoghurt Salad
Dessert of the day	Warm Lemon Drizzle Sponge & Custard	Black & White Shortbread Cookie	Sticky Toffee Pudding & Toffee Sauce	Flapjack	Strawberry Trifle Pot

WEEK 2	Mon	Tues	Weds	Thurs	Fri
Main Dish Meat	Currywurst & Crusty Baguette	Pulled Chicken Tikka Pie	British Pork Sausage Toad in the Hole & Onion Gravy	Smokey Chilli Beef over Rice, Smashed Nachos, Spring Onion & Sour Cream	Choose from: Battered Fish, Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips
Main Dish Vegetarian	Cauliflower Schnitzel	Chana Masala Stuffed Pie	Quorn Sausage Toad & Onion Gravy	Veggie Bean Chilli Loaded Nachos with Spring onion & Avocado	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips
Carb & Sides	Potato Salad, Braised Cabbage	Crispy Bombay Potatoes & Cumin roast Carrots & Parsnips	Skin on Garlic Roasties & Green Beans	Smoky Corn	Minty Peas or Baked Beans Gravy or Curry Sauce
Pasta & Noodle Bar <i>Tomato Pasta Pot daily + these delicious options</i>	Carbonara Pasta Pot	Veggie Thai Style Noodle Pot	Bolognese Pasta Pot	Chinese Chicken Chow Mein Noodle Pot	Carbonara Pasta Pot
	Italian Tomato Pasta Pot				
Jacket & Topping	Jacket with Beans, Cheese, Tuna Mayo or Chef's Special				
Big Bowl Salad (12 or 16oz)	Classic Nicoise with Egg	Bright & Light Chicken Pasta Salad	Superfood Green Salad	Asian Cucumber, Edamame & Noodle Salad	Jerk Chicken & Pineapple Salad
Dessert of the day	Apple Crumble & Custard	Shortbread	NY Vanilla Baked Cheesecake	Brookie	Warm White Chocolate Blondie & Custard

WEEK 3	Mon	Tues	Weds	Thurs	Fri
Main Dish Meat	Tuscan Sausage Lasagne	Kung Pao Pulled Pork	Creamy Chicken & Creamy Puff Pastry Pie	Smoky Albondigas (Meatballs)	Choose from: Battered Fish, Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips
Main Dish Vegetarian	Provençal Vegetable Lasagne	Bang Bang Cauliflower	Smoky Sweet Potato & Red Pepper Pie	Spanish Vegetable Tortilla	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips
Carb & Sides	Garlic Wedges & House Chop Salad	5 Spice Rice & Stir Fried Greens	Chive Mash, Peas, Green Beans & Savoy Cabbage	Spanish Rice Tomato & Green Bean Salad	Minty Peas or Baked Beans Gravy or Curry Sauce
Pasta & Noodle Bar <i>Tomato Pasta Pot daily + these delicious options</i>	Carbonara Pasta Pot	Veggie Thai Style Noodle Pot	Bolognese Pasta Pot	Chinese Chicken Chow Mein Noodle Pot	Carbonara Pasta Pot
	Italian Tomato Pasta Pot				
Jacket & Topping	Jacket with Beans, Cheese, Tuna Mayo or Chef's Special				
Big Bowl Salad (12 or 16oz)	Classic Greek Salad with Feta & Olives	Squash, Roasted Vegetable & Chickpea Salad	Smoky Mexican Bean Chopped Salad	Crunchy Ranch & Egg Salad	Coconut Chilli Chicken Salad
Dessert of the day	Apple & Syrup Sponge with Custard	Chocolate Shortbread	Key Lime Cheesecake	Chocolate Banana Cake	Brownie & Chocolate Sauce

